

ABSTRACT OF THE DISCLOSURE

An equestrian stirrup insert is provided for enhancing the stability and traction of the stirrup foot plate. In this regard, the present invention provides for a traction enhancing insert assembly that is installed into the foot plate of stirrups. The insert is formed from milled aluminum. The milled aluminum plate provides a durable surface that has greatly improved wear characteristics. The assembly includes a top traction surface that is placed onto the foot plate of the stirrup. A mounting plate is placed beneath the stirrup and connected to the underside of the traction surface using fasteners. Since the insert is rigidly fixed to the stirrup using fasteners, the insert is prevented sliding in the stirrup. In this manner, the rigid relationship between the insert and the foot plate of the stirrup allows for enhanced force transfer from the rider's foot into the stirrup with a greatly reduced potential for the insert to slip relative to the stirrup.